

Step 1: Take the wellness assessment
by 4 p.m. February 26, 2010

Navigation links to
Wellness Assessment

The screenshot displays the King County Healthy Incentives website interface. At the top, the header includes the King County logo, the 'Healthy INCENTIVES' title, a stylized logo, and the 'Powered by WebMD' text. Below the header, a navigation bar contains links for 'Home', 'Health Topics', 'Living Healthy', and 'King County Links'. A user profile section shows 'stageuattestf36 stageuattestf36' with links for 'settings' and 'log out', and a search bar. The main content area is divided into several sections:

- My Message Center:** Includes a notification 'You have 1 new message!' and a link to 'Step 1 - Take the WAQ' (Wellness Assessment Questionnaire).
- Step 2 - After you Complete your WAQ then Complete an Action Plan:** Includes a link to 'My Action Plans'.
- Step 3 - Healthy Incentive Rewards:** Includes a link to 'What is my Benefit Status?'.
- My Records and Information:** Includes links to 'Health Topics', 'WebMD Symptom Checker', 'Health Management Centers', 'Health Record', 'Health Trackers', and 'Calendar'.
- WebMD Newsletters:** Includes a link to 'Receive a Free WebMD Email'.

On the right side, there is a large banner titled 'Looking to save money? Don't miss the deadline.' with text encouraging users to take the Wellness Assessment by Jan. 31, 2010, to earn the gold out-of-pocket expense level for 2011. Below this banner, there are sections for 'Coaching' (WebMD Health Coach) and 'Rewards' (Healthy Incentives Rewards Program).

Red arrows from the 'Navigation links to Wellness Assessment' box point to the 'Step 1 - Take the WAQ' link in the 'My Message Center' and the 'Wellness Assessment Questionnaire' link in the 'Assess My Health' section.

Having your biometric numbers available

Will make your wellness assessment summary more complete



WebMD Wellness Assessment Questionnaire

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking the Wellness Assessment Questionnaire may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our [privacy policy](#) for details on how we protect you.

 Secure Messages [\(1 new\)](#)

 Rewards [check status](#)

[Take Wellness Assessment Questionnaire now](#)

Click here to
begin the
wellness
assessment

What is the Wellness Assessment Questionnaire?

The Wellness Assessment Questionnaire is a health assessment tool that helps you uncover potential health risks and recommends positive steps to address your specific health risks. By completing the Wellness Assessment Questionnaire before January 31, 2010 you will earn the silver out-of-pocket expense level for your 2011 medical benefits. You will also have completed the first step toward the gold level.

[About this tool](#)

Why Take the Wellness Assessment Questionnaire?

Many health risks don't make you feel bad until you are well on your way to a serious problem. That is why measuring your potential risks is important. If you find out you are at risk and receive the proper guidance on how to minimize those risks, you can actually take steps to avoid developing health conditions such as heart disease, diabetes, and stroke.

Taking the Wellness Assessment Questionnaire requires only about 15 minutes, and it can make a huge difference in your life. Once you've answered all of the questions, you will receive an easy-to-understand report. It will outline your specific risk levels for a variety of health conditions and common risk factors, like weight and blood pressure, along with providing an action plan for reducing your risks. Then you'll receive instant feedback on how changing your behavior now reduces your chance of developing health conditions in the future so you can enjoy a long, healthy life.

Completing the Wellness Assessment Questionnaire by January 31, 2010 earns you the silver out-of-pocket expense level for your 2011 medical benefits and is your first step toward earning the gold level.

What Information Should You Have Available?

To get the most accurate results possible, you should come prepared with some important health information such as:

- Height
- Weight
- Blood pressure level
- Blood sugar level
- Cholesterol and triglyceride values

If you've had your annual physical, you can simply call your doctor for these numbers. If you haven't, you can still take the Wellness Assessment Questionnaire and provide the information you do have. Remember, you must complete the Wellness Assessment Questionnaire by January 31, 2010 as the first step to earn gold status for your 2011 medical benefits.

Tip: For a quick and easy blood pressure reading, many pharmacies or grocery stores now have free automated blood pressure machines you can use.

Click
Continue
to go to
next Page

Status Bar

	No	Yes
Allergies	<input type="radio"/>	<input type="radio"/>
Arthritis	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>
Cancer (Breast)	<input type="radio"/>	<input type="radio"/>
Cancer (Cervical)	<input type="radio"/>	<input type="radio"/>
Cancer (Colon)	<input type="radio"/>	<input type="radio"/>
Cancer (Lung)	<input type="radio"/>	<input type="radio"/>
Cancer (Other, not listed)	<input type="radio"/>	<input type="radio"/>
Chronic back pain or sciatica	<input type="radio"/>	<input type="radio"/>
Chronic neck pain	<input type="radio"/>	<input type="radio"/>
Colon polyps	<input type="radio"/>	<input type="radio"/>
Congestive heart failure	<input type="radio"/>	<input type="radio"/>
COPD or Emphysema	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>
Diabetes Type 1	<input type="radio"/>	<input type="radio"/>
Diabetes Type 2	<input type="radio"/>	<input type="radio"/>
GERD (Gastro-Esophageal Reflux Disease or Chronic Heartburn)	<input type="radio"/>	<input type="radio"/>
Heart attack	<input type="radio"/>	<input type="radio"/>
Heart arrhythmia or irregular heartbeat	<input type="radio"/>	<input type="radio"/>
Heart disease or angina (heart-related chest pain)	<input type="radio"/>	<input type="radio"/>
Menopause	<input type="radio"/>	<input type="radio"/>
Migraines	<input type="radio"/>	<input type="radio"/>
Osteoporosis	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>

continue ▶

progress  10%